

Who am I? – Journal

The each of following elements is read and discussed, and then students record a response.

A. Physical

1. What do you lead with?
2. What type of character are you physically suited for? Why?
3. What age-range of characters are you suited to play? Why?
4. What physical signs do you give of the following feelings: anger, sadness, happiness, elation or euphoria, boredom, confusion, defensiveness.
5. How do you physically demonstrate status relative to others?

B. Mental / Social

1. Name three things that are mentally difficult for you and how you deal with them.
2. Explain how you solve problems mentally.
3. How do you relate to others?
4. How do you mentally prepare for stressful situations?
5. What do you think or do in conflict situations?
6. In general, are you a leader or a follower?
7. What things make you think that others respect you?

C. Emotional

1. Describe a time when you felt depressed as completely as possible. List your thoughts, range of emotions and actions.
2. Describe how you feel when you are very happy as completely as possible.

All of these understandings about yourself help you to understand how to play a character. Using the understandings you have, explain how you would play a character that feels defensive towards a loved one.